

## Chef Bal's Lentil Soup



### Ingredients

- 1 cup brown lentils
- 6 cups water

#### For the onion sauce:

- 2 Tbsp cooking oil
- 1/2 cup diced onions
- 2 Tbsp ginger finely chopped
- 2 Tbsp garlic finely chopped
- 1/2 cup crushed tomatoes
- Salt and pepper to taste
- masala mix (grind 1 Tbsp cumin, 1 Tbsp coriander, 1 tsp fennel seeds, 4 cloves)
- Cilantro leaves for garnish (optional)

### Directions

Add the brown lentils and water into a large pot. Bring it to a boil. Turn the heat down and cook until lentils are cooked through, about 30-40 minutes.

In a skillet, add onions, ginger, and garlic and cook on low heat until the onions turn light brown, about 5 mins. Stir regularly. Add masala mix, crushed tomatoes, salt and pepper and cook on low heat for 2 more minutes. Turn the heat off.

#### Serving suggestions:

Add 2 cups of cooked lentils in a bowl and top with 2 Tbsp of the onion sauce. Garnish with cilantro